

		Gluten Free Menu - October 2025 - March 2026		
		Week One	Week Two	Week Three
		27/10, 17/11, 08/12, 09/01, 26/01, 23/02, 16/03	03/11, 24/11, 12/01, 02/02, 02/03, 23/03	10/11, 01/12, 19/01, 09/03, 30/03
Monday	Option 1	Vegetable Pasta Bake (GF Pasta)	Mixed Bean Pasta Bake (GF pasta)	Tomato Pasta (GF Pasta)
	served with	Mixed Vegetables	Peas & Sweetcorn	Mixed Vegetables
	Option 3	Jacket Potato with *Cheese & Beans	Jacket Potato with *Cheese & Beans	Jacket Potato with *Cheese & Beans
	Dessert	Yoghurt & Fruit Compote Fruit Jelly or Fresh Fruit	Yoghurt & Fruit Compote Fruit Jelly or Fresh Fruit	Yoghurt & Fruit Compote Fruit Jelly or Fresh Fruit
Tuesday	Option 1	Mexican Beef	Spicy Chicken	Mexican Beef Pasta (GF) Bake
	Option 2		Sweet Potato & Spinach Dhal	
	served with	Vegetable Rice Carrots & Green Beans	Savoury Rice Broccoli & Mixed Vegetables	Carrots & Peas
	Option 3	Jacket Potato with *Cheese & Beans	Jacket Potato with *Cheese & Beans	Jacket Potato with *Cheese & Beans
Wednesday	Option 1	Roast Chicken & Gravy	Roast Pork & Gravy	GF Sausages & Gravy
	Option 2			
	served with	Rustic Roasties Cabbage & Sweetcorn	Rustic Roasties Swede & Peas	Mashed Potato Sweetcorn & Baked Beans
	Option 3	Jacket Potato with *Cheese & Beans	Jacket Potato with *Cheese & Beans	Jacket Potato with *Cheese & Beans
Thursday	Option 1	Pork Meatballs (omit stuffing)	Beef Bolognese	Curried Chicken Chunks
	Option 2			Vegetable Frittata
	served with	GF Pasta Broccoli & Carrots	GF Pasta Carrots & Sweetcorn	Rainbow Rice Cauliflower & Peas
	Option 3	Jacket Potato with *Cheese & Beans	Jacket Potato with *Cheese & Beans	Jacket Potato with *Cheese & Beans
Friday	Option 1	GF Fish Fingers	GF Fish Fingers	GF Fish Fingers
	Option 2			
	served with	Skin on Fries Baked Beans & Sweetcorn	Skin on Fries Baked Beans & Peas	Skin on Fries Peas & Sweetcorn
	Option 3	Jacket Potato with *Cheese & Beans	Jacket Potato with *Cheese & Beans	Jacket Potato with *Cheese & Beans
	Dessert	GF Cookie Fruit Jelly or Fresh Fruit	GF Cookie Fruit Jelly or Fresh Fruit	GF Cookie Fruit Jelly or Fresh Fruit
<div><div> Suitable for Vegetarians</div><div> Suitable for Vegans & Vegetarians</div><div> Contains Fish</div></div>		<div>All items are subject to availability</div> <div>All Items with * can be made Vegan Friendly</div> <div>www.wholeschoolmeals.co.uk</div>		
Whole School Meals CIC – Company Number: 5721609 – Registered address: Almond House, Betteshanger Road, Betteshanger, Deal CT14 0EN				